

Statistics Report 18978, KASHI, Blueberry Waffle

Report Date:December 09, 2015 20:04 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water <a href="#">1</a>	g	49.50	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Energy <a href="#">1</a>	kcal	192	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Energy	kJ	803	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Protein <a href="#">1</a>	g	5.70	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Total lipid (fat) <a href="#">1</a>	g	7.10	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Carbohydrate, by difference <a href="#">1</a>	g	34.60	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary <a href="#">1</a>	g	9.0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Sugars, total <a href="#">1</a>	g	4.60	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Minerals													
Calcium, Ca <a href="#">1</a>	mg	51	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Iron, Fe <a href="#">1</a>	mg	1.90	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Magnesium, Mg <a href="#">1</a>	mg	37	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Phosphorus, P <a href="#">1</a>	mg	361	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Potassium, K <a href="#">1</a>	mg	171	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Sodium, Na <a href="#">1</a>	mg	476	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011

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Zinc, Zn <a href="#">1</a>	mg	1.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Vitamins													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	1.0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Thiamin <a href="#">1</a>	mg	0.150	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Riboflavin <a href="#">1</a>	mg	0.050	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Niacin <a href="#">1</a>	mg	1.600	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Vitamin B-6 <a href="#">1</a>	mg	0.030	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Folate, total <a href="#">1</a>	µg	15	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Vitamin B-12 <a href="#">1</a>	µg	0.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2011
Vitamin A, IU <a href="#">1</a>	IU	5	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin D <a href="#">1</a>	IU	0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
<b>Lipids</b>													
Fatty acids, total saturated <a href="#">1</a>	g	0.700	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Fatty acids, total monounsaturated <a href="#">1</a>	g	3.400	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Fatty acids, total polyunsaturated <a href="#">1</a>	g	2.300	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011
Fatty acids, total trans <a href="#">1</a>	g	0.100	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol <sup>1</sup> <a href="#">_</a>	mg	0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	07/2011

Sources of Data  
<sup>1</sup>Kellogg, Co. Kellogg Company Data, 2011